

Resilience

Healing Energy by Sue Aumer

New! Crystal Singing Bowls

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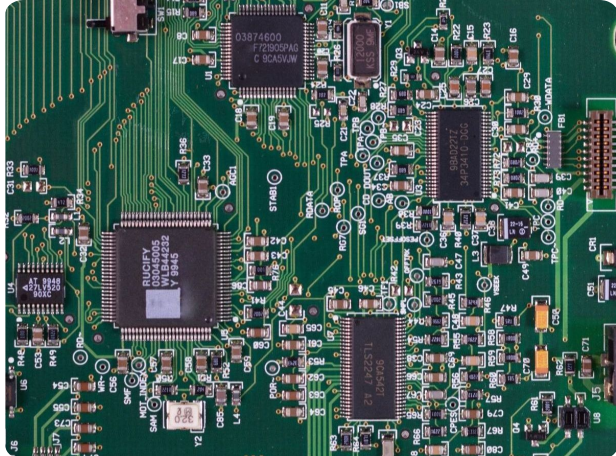


I am excited to announce that three quartz crystal singing bowls with infused gemstones have been added to the sound healing options available during in-person sessions at Resilience. As with other complementary modalities offered, their use is dependent on the energetic needs and preferences of each client.

Overview of Crystal Singing Bowls

Sound has been used as a healing tool in various cultures throughout the world for thousands of years in many ways such as with chanting, drums, rattles and bronze singing bowls. Crystal singing bowls are a relatively recent addition to the sound healing toolbox.





The quartz crystal singing bowl is actually a byproduct of the computer industry. In that industry, quartz was heated to high temperatures and used as crucibles for growing components such as computer chips. Around 1990, this technology inspired the creation of the first quartz crystal singing bowl.

Crystal singing bowls are made of nearly pure silica sand (quartz) that is spun in a mold and heated to about 4,000 degrees Fahrenheit. In the center of the mold, an electric arc fuses the individual grains into a bowl shape. When the bowl is cooled and removed from its mold, it is tuned to the desired sound or note through sanding down its surface or trimming its height.



Some special crystal bowls are infused with gemstone particles. These bowls are said to combine the spiritual and healing properties of those gemstones with the sound healing frequencies of the bowl.

Crystal Singing Bowls at Resilience

The following crystal singing bowls used at Resilience were thoughtfully chosen to work well together harmonically in support of a wide range of healing needs.

7" G note moss agate/black tourmaline fusion bowl

moss agate:

anti-inflammatory, cleansing, balance, tranquility, abundance, new beginnings

black tourmaline:

compassion, gentleness, grounding, protection

6" F note malachite fusion translucent bowl

malachite:

heart opening, joy, transformation

7" C note garnet fusion bowl

garnet:

revitalization, purification, passion, creativity, strength, empowerment

Playing these bowls in various combinations creates a mini-sound bath, a meditative experience where you are “bathed” in sound waves. The general intention of such a sound bath is to support relaxation, healing on multiple levels, increased well-being and expanded awareness.

*** *Sound samples of the individual bowls:*



moss agate - black tourmaline infused quartz crystal singing bowl



malachite infused translucent quartz crystal singing bowl



garnet infused quartz crystal singing bowl



Sound healing energy works beautifully and synergistically with Reiki. Whether you choose an in-person session or a distance session augmented by a sound healing recording (check out the Resilience [resources page](#) for suggested meditative sound tracks including a crystal singing bowl option), the energy adjustments, corrections and enhancements you receive will help

- facilitate deep relaxation,
- improve the quality of your sleep,
- improve your well-being,
- accelerate healing on multiple levels, and
- reduce physical pain and discomfort you may be experiencing.



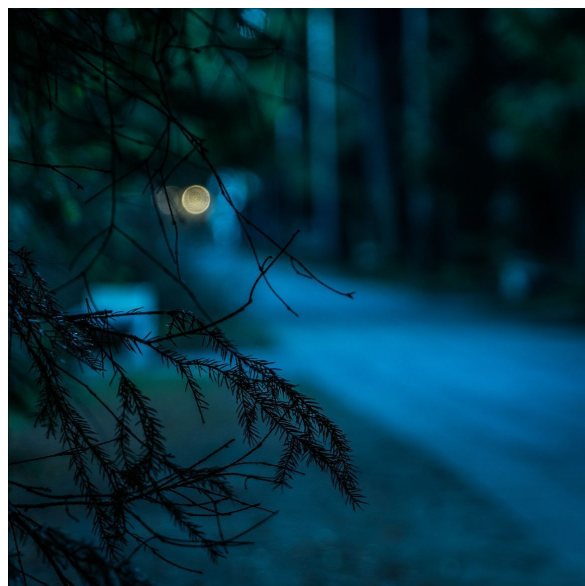
CAVEAT: Though Reiki / healing energy and therapeutic enhancements offered by Resilience are powerful complementary therapies, they are never NEVER a substitute for treatment from a licensed medical professional.



HOW DO I SCHEDULE A SESSION?

It's easy! Just click the button below and select your choice of either an in-person or a distance session.

Schedule a Session



**Thank you
for your business!**

Sue Aumer
Usui Holy Fire® III Reiki Master /
energy worker

**"The wound is the place where
light enters you." -Rumi**

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